

LISTING OF THE CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Original) A microwavable vacuum-packed frozen sushi product comprising:
 - a vacuumed and hermetically sealed flexible microwave-safe plastic packing bag;
 - an open-topped plastic box placed in said packing bag; and
 - a sushi product placed in said box;
 - an inner surface of said plastic packing bag being in contact with an upper surface of said sushi product,
 - a space being formed in said plastic packing bag around said sushi product,
 - said packing bag, said box and said sushi product being frozen together in a unified form,
 - the space in said packing bag having a volume 0.2 to 0.6 times that of said sushi product at the time of thawing.
2. (Original) The microwavable vacuum-packed frozen sushi product according to claim 1, wherein the box is a box-, shallow cylinder-, tray- or dish-like container having a rectangular (including square), circular or oval shape when viewed in plan.
3. (Original) The microwavable vacuum-packed frozen sushi product according to claim 1, wherein the microwave-safe plastic packing bag is made of a laminated film composed of a nylon film and a polypropylene film having a thickness larger than that of the nylon film.
4. (Cancelled)
5. (Original) A method for preparing a microwavable packed frozen sushi product, said method comprising:
 - disposing a sushi material or materials on a top of a shaped rice section or in the shaped rice section to prepare a sushi product;

placing the prepared sushi product in a plastic box;
placing said plastic box containing the sushi product in a flexible microwave-safe plastic packing bag;
vacuuming and hermetically sealing said packing bag to prepare a vacuum-packed sushi product; and
cooling said vacuum-packed sushi product with a refrigerant cooled to a predetermined freezing temperature to freeze said packing bag, said box and the sushi product, which are constituents of said packed sushi product, together in a unified form, thereby forming a vacuum-packed frozen sushi product,
said vacuum-packed frozen sushi product having a space being formed in said plastic packing bag around said sushi product,
the space having a volume 0.2 to 0.6 times that of said sushi product at the time of thawing.

6. (Original) A method for preparing the microwavable vacuum-packed frozen sushi product according to claim 5, wherein the box is a box-, shallow cylinder-, tray- or dish-like container having a rectangular (including square), circular or oval shape when viewed in plan.

7. (Currently Amended) A method for cooking the microwavable vacuum-packed frozen sushi product of ~~any one of claims 1 to 3~~ claim 1 by means of a microwave oven, said method comprising:

applying heat to the microwavable vacuum-packed frozen sushi product of ~~any one of claims 1 to 3~~ claim 1 by microwave heating to thereby bring a temperature of at least a part of an exposed longitudinal end portion of the shaped rice section to 30° or higher, followed by termination of the microwave heating to form the space having a volume 0.2 to 0.6 times that of said sushi product around said sushi product in said packing bag; and

allowing the resulting packed sushi product to stand for a period of 15 minutes to 1 hour without unpacking to allow water vapor emanating at least from the shaped rice section to flow in a space formed around the sushi product, thereby steaming the shaped rice section and the sushi material or materials to bring temperatures thereof between 15° and 30°.

8. (Currently Amended) A method for cooking the microwavable vacuum-packed frozen sushi product of ~~any one of claims 1 to 3~~ claim 1 by means of a microwave oven, said method comprising:

applying heat to the microwavable vacuum-packed frozen sushi product of ~~any one of claims 1 to 3~~ claim 1 by microwave heating to thereby bring a temperature of an exposed longitudinal end of the shaped rice section to 30° or higher and bring a temperature of an exposed longitudinal end of the sushi material or materials to 20° or higher, followed by termination of the microwave heating to bring the volume of the space formed around said sushi product in said plastic packing bag to 0.2 to 0.6 times that of said sushi product; and

allowing the resulting packed sushi product to stand for a period of 15 minutes to 1 hour without unpacking to allow water vapor emanating at least from the shaped rice section to flow in a space formed around the sushi product, thereby steaming the shaped rice section and the sushi material or materials to bring temperatures of the shaped rice section and the sushi material or materials between 15° and 30°.

9. (Currently Amended) A method for cooking the microwavable vacuum-packed frozen sushi product of ~~any one of claims 1 to 3~~ claim 1 by means of a microwave oven, said method comprising:

applying heat to the microwavable vacuum-packed frozen sushi product of ~~any one of claims 1 to 3~~ claim 1 by microwave heating to thereby bring a temperature of an exposed longitudinal end of the shaped rice section to 30° or higher and bring a temperature of an exposed longitudinal end of the sushi material or materials to 20° or higher, followed by termination of the microwave heating to bring the volume of the space formed around said sushi product in said plastic packing bag to 0.2 to 0.6 times that of said sushi product; and

allowing the resulting packed sushi product to stand for a period of 15 minutes to 1 hour without unpacking to allow water vapor emanating at least from the shaped rice section to flow in a space around the sushi product, thereby steaming the shaped rice section and the sushi material or materials to bring temperatures of the shaped rice section and the sushi material or materials between 15° and 25°.